



STATE OF NEW MEXICO
Aging & Long-Term Services
Governor Michelle Lujan Grisham
Katrina Hotrum-Lopez, Cabinet Secretary
Sam Ojinaga, Deputy Cabinet Secretary



nmseniorolympics.org

FOR IMMEDIATE RELEASE

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New Collaboration to Benefit the Aging Community

Senior Olympics Trainers to join ALTSD's Create and Connect Campaign with live appearances on the Senior Social Hour

SANTA FE – Every week the Aging and Long-Term Services Department [ALTSD] offers a Facebook Live segment, called Senior Social Hour, where ALTSD host, Dolores Gonzales interviews providers, advocates, and partner agencies about services and activities available to seniors and adults with disabilities.

“When COVID-19 hit, our department mobilized to urgently fill the needs of our constituents. In addition to starting up a food boxing and distribution site, we also launched the Create and Connect campaign with the goal of virtually engaging with our community and provide encouraging, uplifting, and educational content,” said Cabinet Secretary Katrina Hotrum-Lopez.

Yesterday, September 8th, the Senior Social Hour featured Senior Olympics' Cecilia Acosta, the Executive Director of NM Senior Olympics, Inc. She announced the partnership with ALTSD and discussed how together the organizations are encouraging seniors statewide to exercise and still be part of the Senior Olympics through virtual events for those who are 50+.

This collaboration marks the start of recurring presentations from the Senior Olympics on the show, with their trainers providing a range of low and high impact exercise classes for a range of mobility levels that will part of the first 15 minutes of all future segments.

“We are excited to share the year-round programs, Senior Games videos and the recently launched Stay At Home Challenge, which includes 14 sports that folks can do from home. This is a great program that will remind folks to keep playing from home - horseshoes, archery, walk, run or cycle and much more. Visit our website at nmseniorolympics.org for more details and finally Virtual Fitness will be offered very soon with a 45-minute remote workout. We're thankful to ALTSD for including a sampling of our fitness workouts in their upcoming segments of Senior Connect Social Hour,” said Acosta.

Gonzales added, “It is critical that we find new and creative ways to connect with the community. We miss and remember the days when we were able to see our seniors in person, in the meantime we have Senior Social Hour. We're also eager to see our seniors challenging themselves and their peers virtually through this segment!”

Individuals without a facebook account can view the segments, all the senior social hours are available here: <http://www.nmaging.state.nm.us/senior-social-hour-video-library.aspx>

Partners in Lifelong Independence and Healthy Aging

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Another piece of the Create and Connect Campaign is a letter writing component. Volunteers are needed to write letters that will be sent to residents within Long-Term Care facilities, including nursing homes and assisted living facilities. To learn more and participate visit: <http://www.nmaging.state.nm.us/create-connect.aspx>

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